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## World Happiness Day (01)

Life is a bundle of feelings of happiness and miseries. The holistic approach to measure growth includes the physical, mental/spiritual and social development of society and the Happiness Index is bound to have a larger share in the assessment.

In 2012, the United Nations General Assembly declared March 20 as World Happiness Day, recognizing "the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives."

The 2019 theme **Happier Together**, focuses on what we have in common, rather than what divides us. Everyone wants to be happy - and life is happier when we are together. It's time to celebrate our common humanity rather than fight on differences.

This year, the World Happiness day coincided with the colourful Spring-Harvest festival, a time when nature offers a fascinating medley of colors and inspires us to add colors in our day-to-day life.



The Sankhya philosophy describes three causes of miseries (*Trividha dukha*):

1. Living things around us - humans, animals, etc. (*Aadhibhautik dukha*);
2. Nature through extreme weather - floods, storms, droughts, and disasters - earthquakes, epidemics, etc. (*Aadhideivik dukha*); and
3. Mental and physical ailments ignorance, inordinate attachment, hate, mindlessness, disease (*Aadhyaatmik dukha*).

Aadhidaivik and Aadhyaatmik afflictions are part of our existence. Mitigation reduces the intensity of these afflictions. In fact, humans have also seen these as opportunities to better

constructs ...increased awareness, disaster management, and community / national / international solidarity.

The mind tends to resist Aadhibhautik hardships especially when the reason of discontent are close relatives and friends, unknown people, negative appraisal reports, unwelcomed transfers and postings, diseases, etc. We develop dislikes and these impact our life - character, words and physical actions; a vicious frustration cycle starts.

Adversity reveals the nature of humans; some break, others break records. Facing adversity builds character. The higher our self-control, perseverance, etc., the more we push ourselves to perform better and be masters of own destiny ...*atyanta purushaatha atyanta nivritti*, Saankhya Darshan 1.1)

*"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."* (Martin Luther King Jr.).

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